



HICKMAN MILLS C-1 SCHOOL DISTRICT

ADMINISTRATION OFFICE

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NCA Accreditation

MSIP Full Accreditation

FOR IMMEDIATE RELEASE

Oct. 30, 2009

21ST CENTURY PHYSICAL EDUCATION COMING NOV 11

A revolutionary 21st century approach to physical education will be on display for Hickman Mills C-1 coaches, teachers and administrators Wednesday, Nov. 11 at Hickman Mills High School at 1:35 p.m. Members of the Hickman Mills Marine Corps JROTC, led by 1st Sgt. Robert Gray, will demonstrate the unit's recently-acquired Polar Heart Rate Monitor and HOPSPORTS Training System, a state-of-the-art video/monitoring system endorsed by the NFL and WNBA.

Under the HOPSPORTS system, students simultaneously watch a video and participate in a variety of corresponding exercises while the heart rate monitor instantaneously determines levels of physical exertion. "It's a system based on individual performance," Gray said. "It provides an accurate assessment of physical achievement and can be tailored to any grade level- from kindergarten to high school."

Thanks to donations, the Hickman Mills JROTC bought the training and monitoring equipment and Gray thinks if matching grant funds are attainable, every school in the district would benefit physically and academically by implementing the system. "We can create a process for connecting physical activity to academic performance," he said. "High quality physical education directly impacts student behavior and student health."

Gray said only one school district in the Kansas City metropolitan area is currently using the Polar Heart Rate Monitor and HOPSPORTS Training System and he would like to see the Hickman Mills C-1 become the second.

"This will make physical education more fun," he said.

For more information, contact:

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